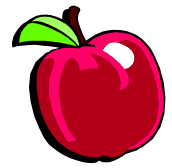




Designing Learner-Centered Education for Groups



Use the **Seven Steps of Planning** when designing learner-centered lesson plans.

Who – Determine who your learners are.

- ☐ Determine who will attend the group education session.
- ☐ Conduct a learning needs and resource assessment with learners who will attend the session.

Why - Ask: Why is this group education session being taught?

- ☐ State why this session will be relevant to the learner.
- ☐ Explain how the topic has immediate usefulness to the learner.

When – Determine when the session will be and how long it will be.

- ☐ Determine how much time is available for the lesson.
- ☐ Create the appointment contact code in ISIS and add to the daily schedules and nutrition education master plans.

Where – Determine where the session will be taught.

- ☐ Select an environment that is conducive to learning.
- ☐ Describe the set-up of the classroom.

What – Determine the content for the session.

- ☐ List the content (skills, knowledge, and attitudes) that will be covered in the session.
- ☐ Arrange the content in a logical order (simple to complex).
- ☐ Include ways to evaluate the learners' understanding of the learning tasks.

What For – Determine the achievement-based objectives for the session.

- ☐ Use action verbs to state the objectives.
- ☐ Start the list of objectives with "By the end of this session, learners will have:"
- ☐ Create objectives that help learners increase their knowledge, change their attitudes and practice new skills.

How - Choose learning tasks that reinforce the learning.

- ☐ Describe the learning tasks for the session.
- ☐ Use open-ended questions to stimulate discussion and sharing.
- ☐ Use a variety of activities for different learning styles (visual, auditory and kinesthetic).
- ☐ List the props and materials for the class.
- ☐ Create activities that develop knowledge, attitudes and skills.
- ☐ Include learning tasks that encourage practice.
- ☐ Provide fun exercises where everyone succeeds.
- ☐ Include learning tasks that encourage praxis (action with reflection or learning by doing).

Adapted from Global Learning Partners Seven Steps of Planning, with input from the California WIC Program Nutrition Education Committee.